



Smoked salmon and dill frittata

Ingredients

Serving for

One	Two	
1 tbsp	2	tbsp olive oil
¼ cup	½ cup	finely diced onion
2	4	eggs
1 tbsp	2 tbsp	cream
2 tbsp	4 tbsp	grated cheese
1 tbsp	2 tbsp	chopped chives
100 gm	200gm	Smoked salmon
1 tsp	2 tsp	chopped dill

Salt and Pepper

Method

1. Preheat a frying pan and add the olive oil and sauté the diced onion till translucent.
2. Crack the eggs and cream in to a bowl and whisk to blend thoroughly, add the smoked salmon, dill and salt and pepper
3. pour egg mixture in to a greased suitable ovenproof dish top with cheddar cheese
4. bake in a pre heated 160c oven for approx. 20-30 mins or until cooked through.

Serve with a simple green salad and chutney.